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1. What is the goal of the *Balance is Power Challenge*?

Life can throw us curve balls, which in turn can throw us off balance. The goal of the LiveWell "Balance is Power" Challenge is to focus on four primary strategies to help get you back on track, including: Week 1) Be Aware of SELF-CARE; Week 2) GRATITUDE Your Attitude; Week 3) Leap into SLEEP; and Week 4) RESILIENCE is Brilliance. Over the four weeks, log a minimum of 600 minutes of exercise and complete the weekly tasks associated with the weekly life balance focus.

To earn wellness incentive points for completion of the *Balance is Power Challenge*, participants must:

- i. Log at least 600 minutes of exercise by Sunday, October 23rd, 2016
- ii. Complete all weekly tasks by Monday, October 24th, 2016.

2. When is the *Balance is Power Challenge*?

- a. The challenge begins Monday, September 26th, 2016 and runs for 4-weeks finishing on Sunday, October 23rd, 2016.
- b. The wellness portal allows completion of tasks through Monday, October 24th, 2016 however the exercise tracking **MUST** be backlogged to Sunday, October 23rd or before. You can login on Monday, October 24th and backlog your exercise for October 23rd or before.

3. How do I register for the challenge?


- a. Registration opens Monday, September 12th, 2016 and closes on Sunday, October 2nd, 2016.
- b. Log-in to the Wellness Portal: <https://mybluehealth.bcbsvt.com/dt/v2/bcbsvtindex.asp>
- c. Click the "Sign Up" button in the Challenge Bar

Challenges

There are active challenges available. Sign up now and get involved!

Balance is Power Challenge

8/15/16 - 9/12/16 11:59:59 PM



Feeling out of balance? Then this challenge is for you! Move your body, practice self-care strategies, gratitude, get better sleep and build your resilience during the 4-week "Balance is Power" Challenge. Sign up today as an individual or create a team. The "Balance is Power" Challenge runs from September 26 – October 23, 2016. This will be the FINAL wellness challenge for 2016.

Goal: 600 Minutes of Exercise

[Sign Up](#)

- d. Choose "Select your team" or "Create your own team".
- e. Click "Sign Up Now"


My Team (Maximum members per team = 15)


☐ Select your team:

Wellness Challenge (my c ▾)

Teammates:

The selected team has no members currently enrolled in this challenge

☒ Create your own team: 

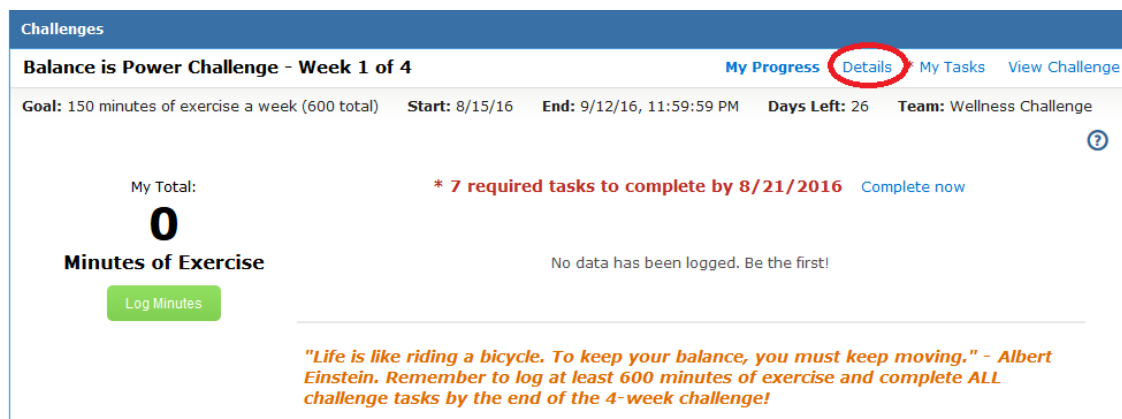
Primary challenge on dashboard 

☒ Make Primary Challenge

[Sign Up Now](#) [Close](#)

4. How do I unregister from the challenge?

- Log-in to the Wellness Portal: <https://mybluehealth.bcbsvt.com/dt/v2/bcbsvtindex.asp>
- Click on “Details” in the Challenge Bar



Challenges

Balance is Power Challenge - Week 1 of 4 [My Progress](#) **Details** [My Tasks](#) [View Challenge](#)

Goal: 150 minutes of exercise a week (600 total) Start: 8/15/16 End: 9/12/16, 11:59:59 PM Days Left: 26 Team: Wellness Challenge

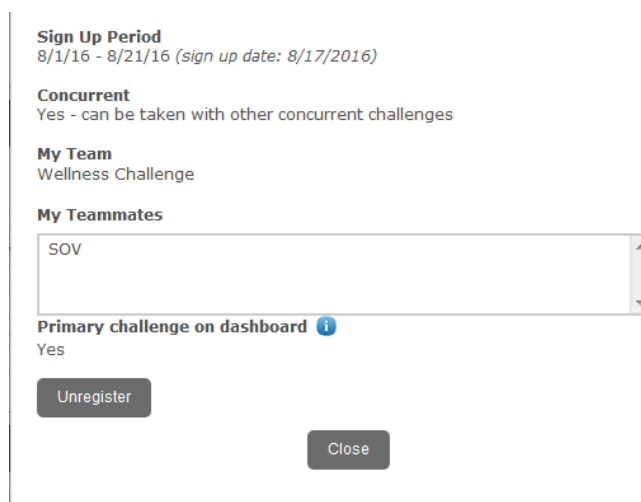
My Total: **0** Minutes of Exercise [Log Minutes](#)

* 7 required tasks to complete by 8/21/2016 [Complete now](#)

No data has been logged. Be the first!

"Life is like riding a bicycle. To keep your balance, you must keep moving." - Albert Einstein. Remember to log at least 600 minutes of exercise and complete ALL challenge tasks by the end of the 4-week challenge!

- Click “unregister”



Sign Up Period
8/1/16 - 8/21/16 (sign up date: 8/17/2016)

Concurrent
Yes - can be taken with other concurrent challenges

My Team
Wellness Challenge

My Teammates
SOV

Primary challenge on dashboard [i](#)
Yes

[Unregister](#) [Close](#)

- Select “OK” to confirm

5. How do I complete my weekly tasks?

- Log-in to the Wellness Portal: <https://mybluehealth.bcbsvt.com/dt/v2/bcbsvtindex.asp>
- Click on “My Tasks” on the Challenge Bar

Challenges

Balance is Power Challenge - Week 1 of 4 [My Progress](#) [Details](#) [* My Tasks](#) [View Challenge](#)

Goal: 150 minutes of exercise a week (600 total) Start: 8/15/16 End: 9/12/16, 11:59:59 PM Days Left: 26 Team: Wellness Challenge

My Total: **0** Minutes of Exercise

[Log Minutes](#)

*** 7 required tasks to complete by 8/21/2016** [Complete now](#)

No data has been logged. Be the first!

"Life is like riding a bicycle. To keep your balance, you must keep moving." - Albert Einstein. Remember to log at least 600 minutes of exercise and complete ALL challenge tasks by the end of the 4-week challenge!

- c. Or scroll down your page to **"My To Do List"**

My To Do List

Challenges

▼ **Balance is Power Challenge - Week 1 of 4** [Details](#)

* Balance is Power Pre-Challenge Survey	Do this now Required: 08/21/2016
* Track at least 150 minutes of physical acti...	Do this now Required: 08/21/2016
* Read & Practice: Desk Stretches	Do this now Required: 08/21/2016
* Read: Tips for Vitality and Serenity	Do this now Required: 08/21/2016
* Read & Print: Self-Care Strategies and Plan	Do this now Required: 08/21/2016

- d. Click on the task you would like to complete. Once you hit "close" out of a survey, PDF document or after logging your exercise, the task is considered complete.
- e. **New weekly tasks will load every Monday*.**

***Note:** All tasks for the current week must be completed before the next week's tasks will load. If you are "overdue" on tasks, please note that there is a 24-hour delay for a new week's tasks to load.

6. How do I track my exercise?

- a. Within the challenge box on your dashboard, click "Log Now," which will bring you directly to the cardio log tracking page. Using the drop down menu, find the exercise you completed, followed by filling in the amount of time spent doing the exercise. Lastly, hit submit.

Challenges

Balance is Power Challenge - Week 1 of 4 [My Progress](#) [Details](#) [* My Tasks](#) [View Challenge](#)

Goal: 150 minutes of exercise a week (600 total) Start: 8/15/16 End: 9/12/16, 11:59:59 PM Days Left: 26 Team: Wellness Challenge

My Total: **0** Minutes of Exercise

[Log Minutes](#)

*** 7 required tasks to complete by 8/21/2016** [Complete now](#)

No data has been logged. Be the first!

"Life is like riding a bicycle. To keep your balance, you must keep moving." - Albert Einstein. Remember to log at least 600 minutes of exercise and complete ALL challenge tasks by the end of the 4-week challenge!

- b. Alternatively, you can log your exercise using the Challenge Tracking Page. This is also the method you should use if you are not logging every day and need to backlog.
- i. Under the challenge bar, click on “View Challenge”.

- ii. Once directed to the Challenge Page, select the date for which you are logging at the top, and then choose your exercise method from the drop down list. Fill in the amount of time spent doing the exercise and hit submit.

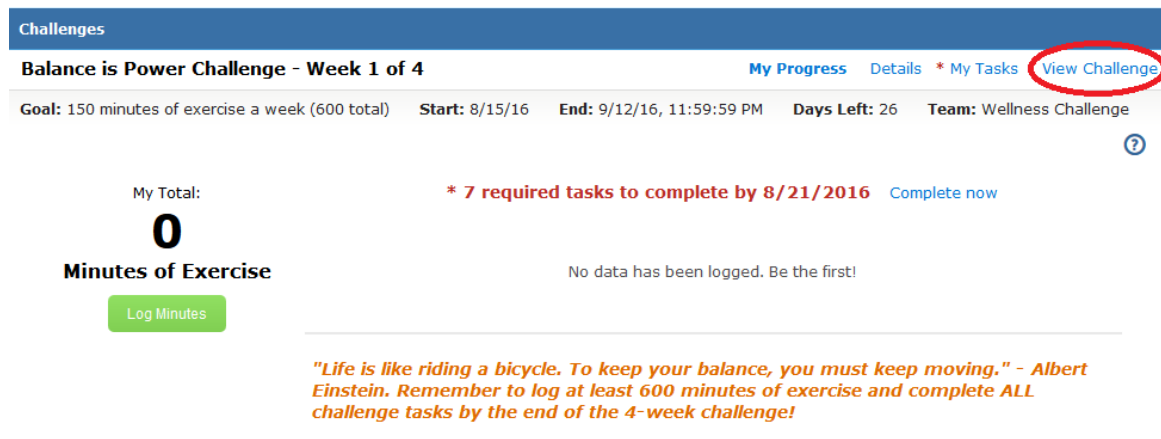
7. How do I qualify for the wellness incentive?

- a. You will earn 500 points upon successful completion. Successful completion is:

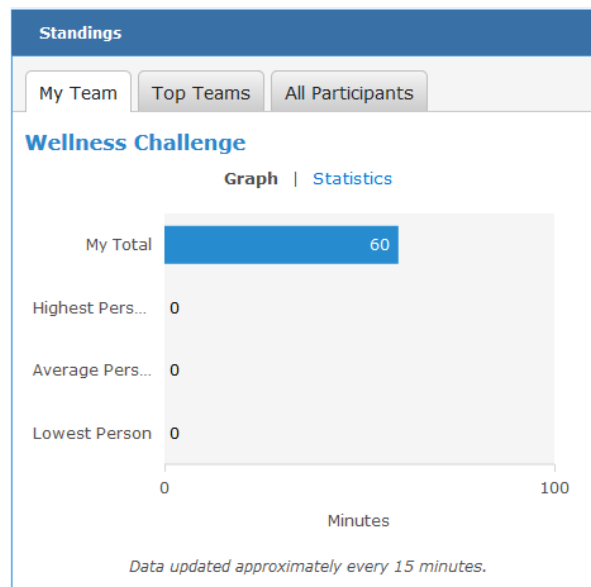
- i. Logging at least 600 minutes of exercise by Sunday, October 23rd, 2016
 - ii. Completing ALL tasks by Monday, October 24th, 2016.
 - b. Points will be loaded to your incentive bar on Tuesday, October 25th, upon successful completion of the challenge requirements. *
- *Incentive rewards (monetary or drawing) are only awarded for completion of ONE wellness challenge in 2016.

8. How can I view challenge standings?

- a. Log-in to the Wellness Portal: <https://mybluehealth.bcbsvt.com/dt/v2/bcbsvtindex.asp>
- b. Click **“View Challenge”** in the Challenge Bar



- c. Scroll down to the **“Standings”** box



- d. You can view standings for all participants, all teams or just your team.

9. How can I communicate with other participants?

- a. Log-in to the Wellness Portal: <https://mybluehealth.bcbsvt.com/dt/v2/bcbsvtindex.asp>
- b. Click **“View Challenge”** in the Challenge Bar
- c. Scroll down page to **“Comment Boards”**

Comment Board

My Team

All Participants

All Participants

Post to challenge members

Post

No comments to display.

10. Who should I contact with questions?

Alissa Robertson, Alissa.robertson@vermont.gov or 802-828-2931

Robin Katrick, Robin.Katrick@vermont.gov or 802-828-2846